Managing Time and Stress in College

Tools and tips for time and stress management as a college student,

an eBook by Joelle Hare

Time Management Tools

The next few pages will discuss tools and applications that I wish I had access to throughout the entirety of my college career. Sometimes space on devices for applications can be limited, but I have found each of these applications to be worthy of the space they take up on each device. Each tool has helped me reach my goals and ultimately graduate from college. All tools are typically free or have a small fee for use and have added value to my college career.

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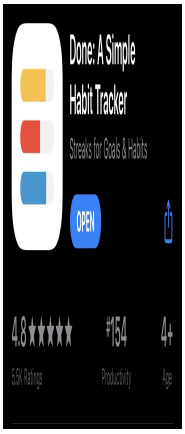

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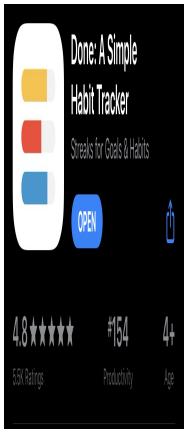
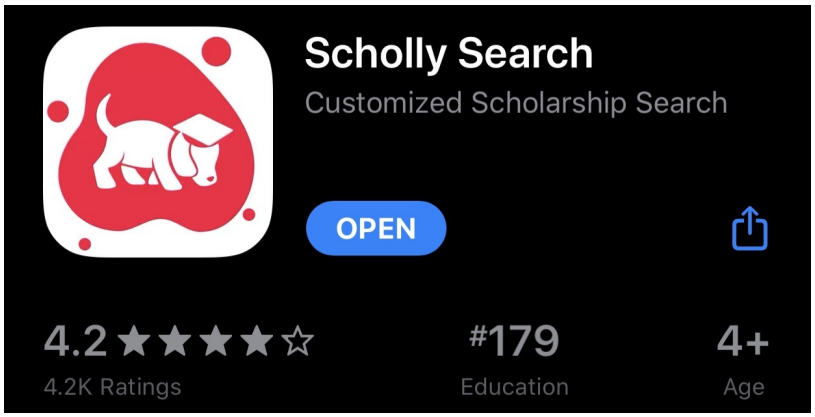
Done: A Simple Habit Tracker



The Done application is designed to help you create or break habits. It also creates statistics for you as you mark each habit completed or not completed for each day. This helps individuals to be productive and meet their goals. It lists the habits that still need to be done throughout the day and you can see how much you have left to do. This can help users be proactive and complete tasks earlier in the day because of the incentive to check the items off.

To see or read more about the Done application, click here!

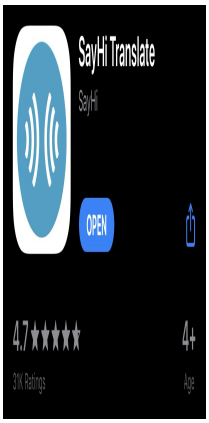
Scholly Search



The Scholly Search application is a scholarship finder that matches you to scholarships that you meet all of the qualifications for. You must first fill out a profile that is pretty extensive about different aspects of your life, but once this has been completed, the application produces countless scholarship opportunities that you meet all the qualifications for. The reason this application is such an awesome resource for college students is because it saves you time in the search to save money on college.

To see or read more about the Scholly Search application, click here!

SayHi T



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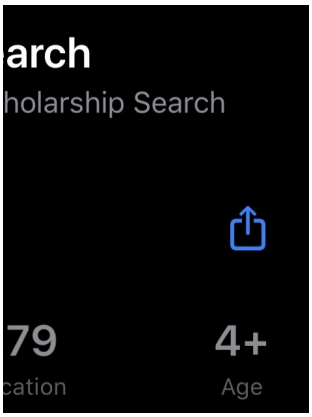

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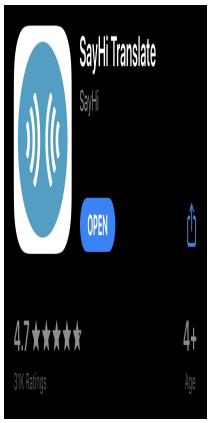
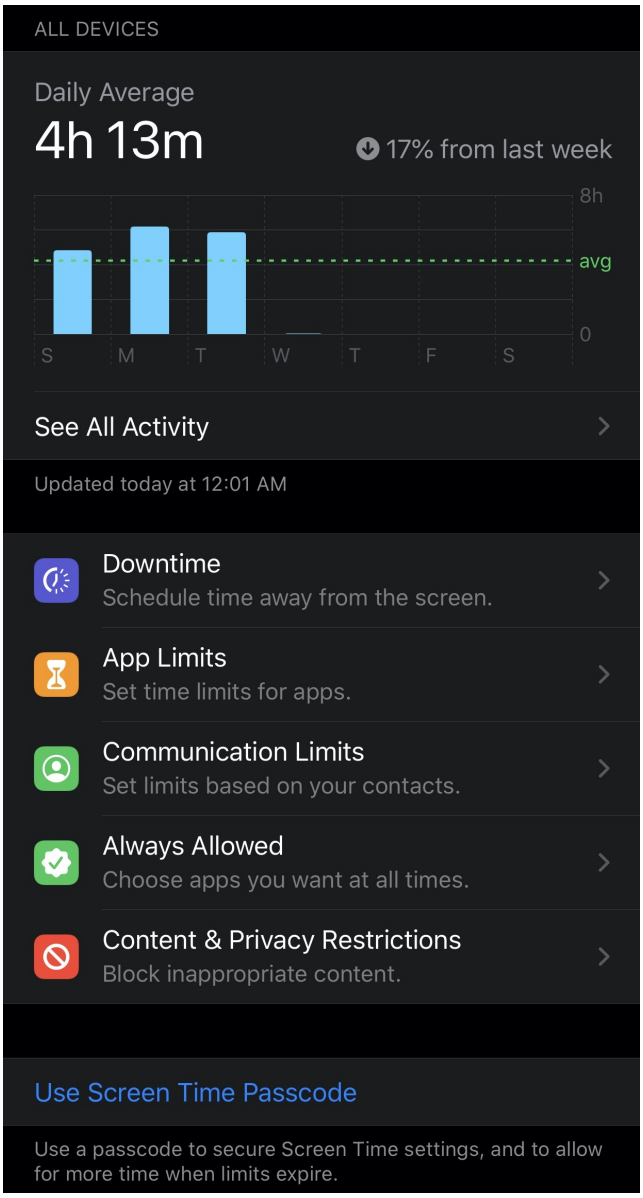


The SayHi Translate application is a great tool for those who are working to learn a language as well as those who need to be able to communicate effectively with those who speak a different language. The user selects the language they are speaking in and which language they would like the output in. After that, the user speaks into the phone and the phone speaks the translation in the output language. This works great in situations where time is of the essence and communication must happen seamlessly

To see or read more about the SayHi Translate application, click here!

Screen Time



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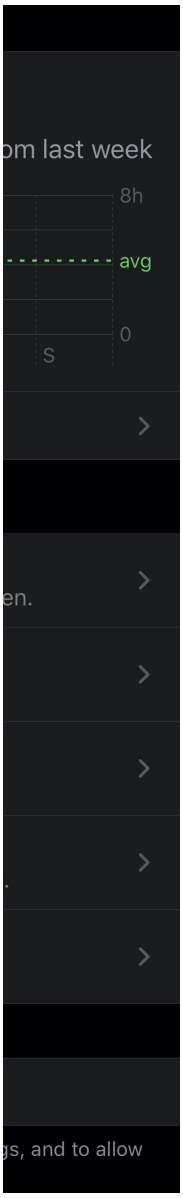

The Screen Time tracker is built into iOS, MacOS and iPadOS. In the settings of each device, you have the option to turn this feature on. If you use iCloud, this feature can be shared across devices. Once turned on, the setting creates real-time reports about how much time you spend on your device each day and what it is being used for. Another aspect of this feature that can be used for time management is the Downtime section. This allows you to schedule time away from the screen. This is beneficial for times when you must do work for courses and cannot be distracted. App Limits is another feature of this application that allows you to set limits on how long you can spend on certain apps each day (i.e. social media platforms). This feature also allows you to set communication limits if you are often distracted by texts. A passcode can also be set to restrict use of certain applications for longer than the desired time or to remove the limit set for specific applications. The last aspect of this feature that can be helpful to college students is the Daily Average section. This tells you how many hours you spend on your phone each day and how that compares to the previous week.

To see or read more about the Screen Time feature, click here!

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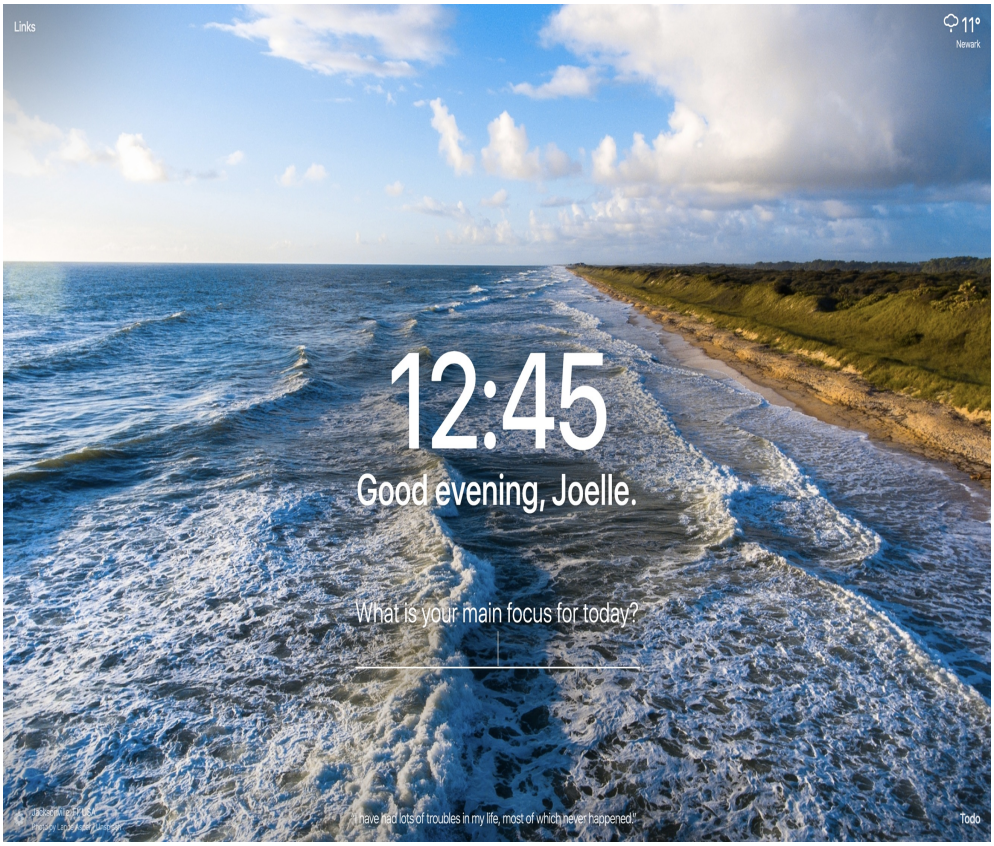

Momentum is a free Google Chrome extension that replaces the "n
dashboard. On this dashboard, you can curate a list of things you n
them off as you go. This page opens upon the start-up of the Googl
background changes to different images of the scenery around the
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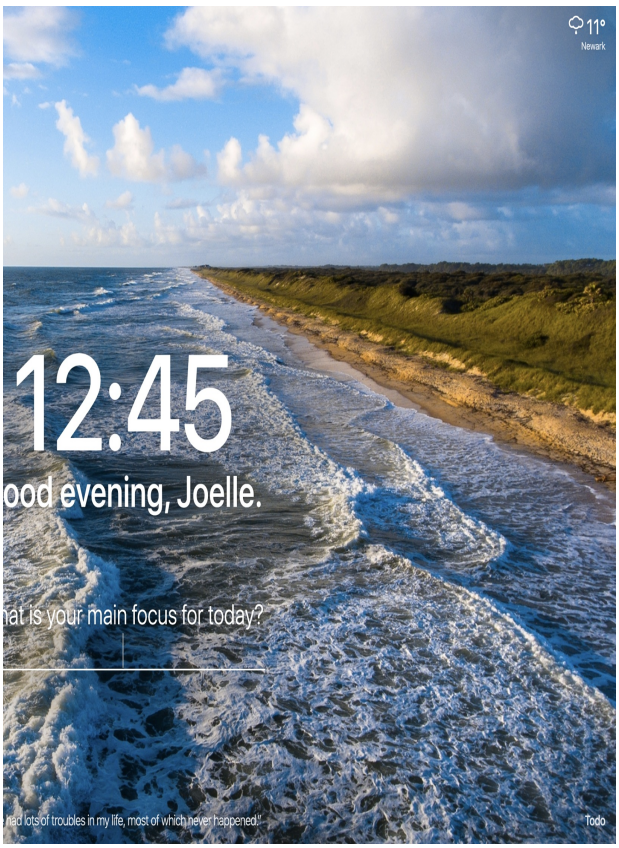

hrome extension that replaces the "new tab" page with a personalized
l, you can curate a list of things you need to do for that day and also check
opens upon the start-up of the Google Chrome application and the
ent images of the scenery around the world. This is a great tool for time
or those who find themselves frequently procrastinating. If you are
ısion to your Google Chrome browser, the link can be found below.

Momentum Google Chrome Extension, click here!

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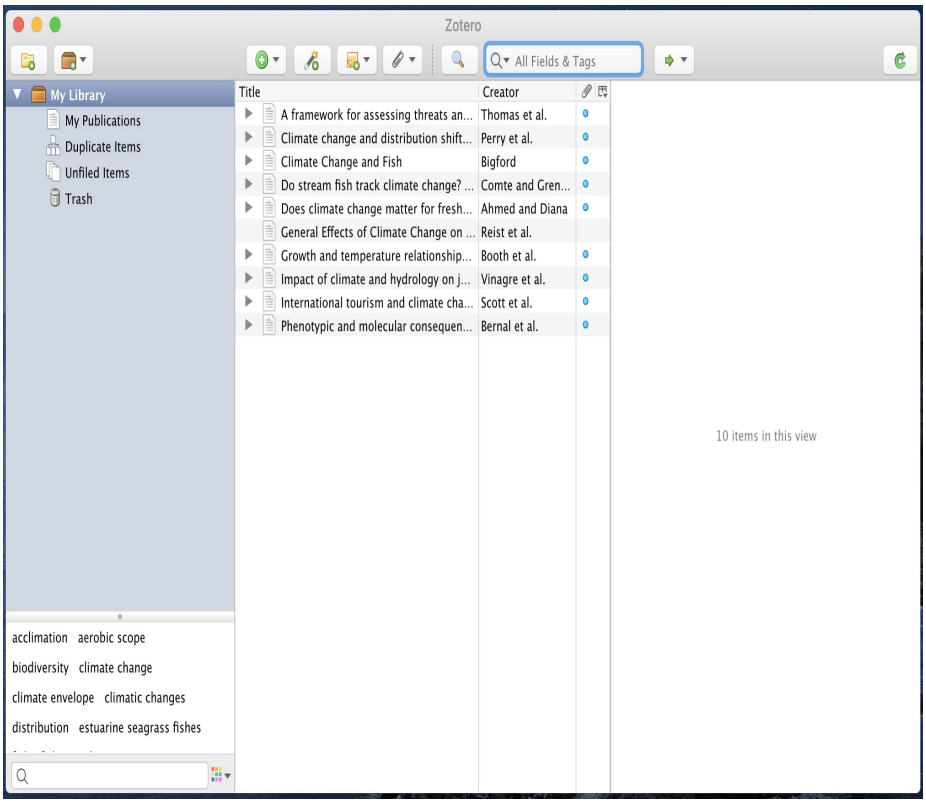

Zotero is a personal research assistant. All students have to write p
more likely than not, the sources they use to write these papers mu
be some students' worst nightmares with all of the different types
an application with extensions that can be added to your web brow
work out of citations. Collect the sources you used by clicking on t
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seamlessly.

To see or read more about the Zotero, click here!

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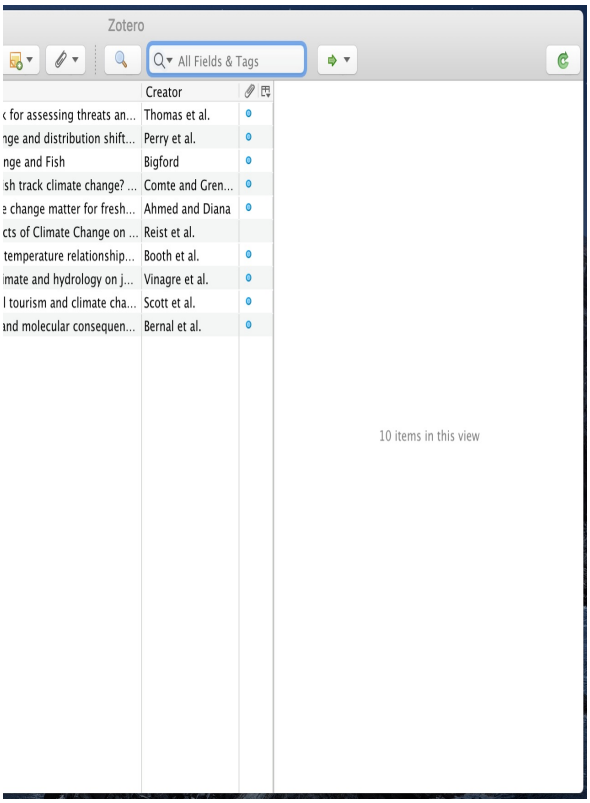

sistant. All students have to write papers during their college career and
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ares with all of the different types of citation styles and rules. This tool is
hat can be added to your web browser that is designed to take the guess
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generate in-text citations and bibliographies in your word processor

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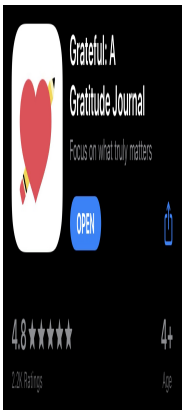
Stress Management Tools

The next section will discuss tools and applications that are designed to make individuals more aware of their mental health. College brings about a lot of new situations and stresses that most students have not experienced before. A lot of students are also far from home and have just left their support system for the very first time. I have found these tools to be incredibly useful and insightful about why I feel the way I do on my off days.

Gratef



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Grateful: A Gratitude Journal

The Grateful application has a simple journal-like design. Each day you enter the application, it gives you a prompt to write about. In studies done at Harvard, the emotion of gratitude is supposed to help people feel more positive and have a healthier lifestyle. The best part of this application is that it is completely private, there are no sign ups or logins. This application creates a safe space for you to gather your thoughts and reflect on previous entries.

To see or read more about the Grateful application, click here!

Breathe

The Breathe application is specifically for the Apple Watch. Breathe can send daily reminders that remind you to take a minute of deep breathing to calm yourself throughout the day. The Breathe application can also send a reminder when your heart rate becomes elevated and the watch does not sense any motion as this can be a sign of anxiety or stress.

To see or read more about the Breathe application, click here!

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The 10% Happier application is designed with the fact that mindfulness leads to reduction of stress and a happier life overall in mind. The application provides guided mediations that are designed for different scenarios throughout your day including stress, sleep, and happiness. You are also able to select how long you would like for each meditation session to take. This application also has a book and podcast from the same creators that you can use as a resource for tips on mindfulness.

To see or read more about the 10% Happier: Meditation application, click here!

Notes

Thank you for taking the time to read through my very
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If you feel there are any tools I may have missed, have
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ı feel there are any tools I may have missed, have any information you d like to add, or want to share how these tools have impacted your life, e feel free to reach out and share with me at joelleh@udel.edu.